



HOLLAND ON SEA
RESIDENTS ASSOCIATION
established 1926

Community Magazine

SPRING 2023



Holland Residents Association Community Magazine

is delivered **FREE** in print form to every home in Holland-on-Sea.

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Deadline for the next edition (Summer 2023): Tuesday 2nd May 2023.

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Half Page (130mm x 92mm)	£45
Full Page (130mm x 187mm)	£80

An invoice will be sent via email following the publication of each issue and payment is requested by BACS.

We thank all our loyal advertisers who support the production of this magazine. Committed to providing the best information in your local area, our own dedicated members are fully involved in every step of this process.

Articles for the Summer edition of the HRA Magazine are to be submitted to Maureen Cochlin (littlemaur199@gmail.com). Final date for submission is the 2nd of May 2023.

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The HRA Magazine is printed by Dolphin Artwork, Walton-on-the-Naze.

The Holland Residents' Association is by its constitution a non (party) political organisation. That said we are always happy to engage constructively with duly elected representatives – MP/Councillors (irrespective of any political groups to which they may belong) to keep them informed on matters of local interest, to seek their assistance in representing the interests of residents at their respective levels, and to hold them to account for their actions, or inactions.

To this end we offer them space in this magazine to give a (short) report on their activities over the past three months. Their names and contact details appear on the inside back cover of this edition.

Please note that the elected councillors for St Batholomew's Ward that covers most of Holland on Sea - Councillors King and Winfield represent a political party – "Holland on Sea and Eastcliff Matters". This group has no connection with the Holland Residents Association. In particular, the HRA does not sponsor that group and nor does that group represent the HRA.

Welcome to your Community Magazine

It is hoped I can welcome you to the Spring Edition of the Holland-on-Sea Residents Association magazine amidst gentle snowdrops and budding daffodils. These arrivals herald the hope of warmer weather ahead. Fingers crossed.

The festive season is now firmly behind us and we can begin the various activities and concerns involving our area. For example, the garage sale and activities regarding the wildlife trust. Make sure to put a note in your diaries about the up and coming celebrations of the Coronation of King Charles in May.

At our HRA public meeting on the 16th January, held at the Baptist Church, a talk was presented by the Citizens Advice Bureau, featuring advice regarding our energy consumption. In addition, many issues were raised from the floor, which, of course, is what these meetings are all about. It is hoped that a good percentage of questions were answered satisfactorily. Others will be addressed, as far as possible, by the HRA committee.

A main concern is, of course, the continued existence of the Holland-on-Sea Community Centre, together

with the library. The HRA will do its very best to support any action necessary to avoid losing the Hall, together with the help of local councillors. You will, of course, be kept informed.

Please try and attend the public meeting at the Hall on 15th February. Two sessions being at 2.00 pm and 7.00 pm.

I was gratified to receive so many poems from you. So hard to choose between them. Andrea James, an English teacher, living outside the area, kindly offered to adjudicate and commented that the standard was high. Our winner was Mr Dave Miller of Holland-on-Sea. Congratulations to him, you will be able to read his winning poem in this magazine.

“Spring is the time of plans and projects”.

Carol Cooper
Chairperson of HRA



HOLLAND ON SEA
RESIDENTS ASSOCIATION

*Keep up-to-date with your community
Visit www.hollandresidents.co.uk*

This magazine can also be viewed online



Tendring Neighbourhood Watch

Affiliated to Essex County Neighbourhood Watch Association
Charity Number 1168988

You may have heard about Neighbourhood Watch, but do you know what it does?

In Tendring, Neighbourhood Watch schemes aim to reduce crime by sending out crime and safety information, including weekly police reports. We believe that once people know what is happening in their local area, they can work together to keep their community safe.

Anyone can join Neighbourhood Watch, but it works best when neighbours are all signed up and working together to keep their area safe. Will you step forward and offer to run a small scheme in your road? All you need to do is check with your neighbours first to see if they are interested, and if they are, contact us and then sign them up. There is also a Tendring Neighbourhood Watch Facebook group that you and your neighbours can join. It is run by a Holland resident, who sends out safety information.

As a national charity, Neighbourhood Watch is free to join, and we supply the resources you require to run your group effectively and the Tendring Neighbourhood Watch Committee is here to help you in any way it can. Please contact us at tendringnhw@outlook.com or phone 07900430088 for more information about setting up your Watch group, or about joining as an individual member.

HRA Advertise with us!

Have you got a small business selling services in Holland on Sea? Then why not advertise with us? A half-page ad in this magazine costs only £45 and we deliver 3500 copies to households in Holland on Sea. This magazine is well regarded and well read so your advertising with us is likely to be more cost-effective than by any other means.

For more information please contact andrew.dunnett@live.co.uk

So why not help us to help you?

Closing date for the Summer edition is 2nd May 2023

Holland Residents' Association

POETRY

Competition Winner



My little bit of Haven by the Sea By Dave Miller

Come to Holland on Sea she says, she whispers in my ear.
There's a place called Holland Haven; you really should be here.
You can come and take a seat, and ponder for a while,
And cast your eyes over the beautiful views, and shed a tear, a rueful smile.
And think of all those marvellous times you walked along the sand,
From Walton through to Clacton, sand in your toes, ice cream in hand,
The seagulls swooping overhead, a real cacophony of sound,
Whilst the kestrel silently swooping looking for food on the ground.
The children building sandcastles, and paddling in the sea,
We often saw the "Blue Tits" swimming group, or stopped to watch Tai Chi.
We would stop to grab a coffee and a snack at a local café on the shore,
Watching as the seagulls divebombed for crumbs on the floor.
SHE is the wind swirling around, cascading sand in my face,
And she is the reason I sit on this bench; wrapped up but in my usual place.
And she is your voice, quiet and comforting, I hear it here every day.
Since that day not so long ago, illness took you away
But I am not sat here bitter, there's no place that's better for me,
So when she whispers I come here, to my little bit of Haven by the Sea.

KINGS CHARLES III CORONATION

**HOLLAND RESIDENTS ASSOCIATION
AND
HOLLAND PUBLIC HALL**

**INVITE YOU THE COMMUNITY
FOR REFRESHMENTS CELEBRATING THE
CORONATION OF KING CHARLES III**

AT

**HOLLAND PUBLIC HALL
HOLLAND ON SEA**

**MONDAY 8TH MAY
11AM-3.00PM**

OPEN TO ALL RESIDENTS

Purple Pals



So, we are well into the new year already - most of us probably have given up on any of the resolutions we made or are now half heartedly trying to carry on! One thing that does not change thankfully is our fur babies and the joy they bring every single day.

Animals in general – not just dogs – can be such a blessing for so many and in so many ways. They can relieve stress in a way that we don't even realise at times.

The dog is so versatile and willing to please meaning they can be used to guard us but also to be there to help those with disabilities or with medical needs in a way that is truly amazing and for me I find mind boggling! Man's (and women's) best friend. Never a truer word can be said.

Purple Pals for this reason provides me with so much comfort as not being able to have my own fur baby I get to fuss and treat our members' dogs but also get to have that stress relief all be it only for a couple of hours every other Sunday morning but I cannot express how much that helps me and I am so grateful we have so many amazing people and their fur babies that come along every fortnight.

Thank you to all those who attend – we are a sight to behold when we are all on the prom and it is amazing as not only are we socialising and enjoying each other's company we are also raising awareness of the Purple Poppy and all the fantastic animals that served and continue to serve.

Naomi Lawrence

The Wildflower Project

Essex Wildlife Trust is promoting the setting up of wildlife areas in urban districts. The committee has responded and hopefully the green area at Ipswich Road car park will soon be more colourful than it is at present.

There was an initial meeting with the Wildlife Trust and we identified this area as an ideal spot. Several years ago one of our previous Chairmen, Richard Walker, had advanced plans for a garden but sadly the plans never came to fruition. However, it was his idea which prompted us to suggest Ipswich Road as an ideal planting area.

A small working party of volunteers has now met and has identified two ideal areas at Ipswich Road where we think



planting would work. The next step is a meeting with both the council and the Wildlife Trust in order to confirm our plans. After that, we hope to get planting.

Stephen Collitt,
Secretary.

Helping Hedgehogs



British Hedgehog
Preservation Society

As the nights start to get shorter and the weather (hopefully) starts to warm up, Britain's Favourite Wild Mammal, the hedgehog, will start to wake up from hibernation.



During hibernation their bodies cool and their heart rates drops to just a faint 20 beats per minute. Their body temperature which is normally 35°C drops to 10° or less and they only breathe about once every few minutes. They will have spent the winter tucked up in nests made of dry leaves, grass and other vegetation maybe under hedges or piles of wood, inside compost heaps or under sheds or decking.

So don't be too tidy in the garden in the spring. Be careful when doing that first cut of the grass – keep an eye out for any unusual mounds in the grass or hedge bases and check them carefully for sleeping hedgehogs before you get out the mower. Don't go raking carelessly through any piles of leaves which could be prime hibernation spots for hedgehogs. If a corner of your garden has gone a bit wild over the winter, why not leave it to provide some shelter for wildlife and a habitat for the invertebrates that hedgehogs feed on.

This is a key time for hedgehogs; they need to replenish their fat reserves after their long winter sleep so food will be the first thing on their agenda. From mid-March onwards (depending on the weather) you might start seeing signs of hedgehog activity. If they wake early, natural foods (beetles, caterpillars, worms etc.) can still be a bit scarce. So now is the time to start putting out supplementary food and water for them again. Offer meaty cat, dog or

hedgehog food or dry cat biscuits alongside a shallow dish of fresh water each night.

Once they've eaten and drunk, the next thing will be the need to find a mate. So make sure your garden and your neighbours' gardens are linked up to make a "hedgehog highway". The more gardens that you can link up the greater the chance of hedgehogs being able to meet up. It only needs a 13cm square gap at the bottom to allow a hedgehog through and once you've created your hedgehog highway you can log it on the BIG Hedgehog Map at www.bighedgehogmap.org - the map also accepts sightings of hedgehogs! Hopefully come the summer the next generation of hoglets will be out and about in your garden and the cycle can begin again.



STRIMMER WARNING

Every year many hedgehogs are seriously injured or killed by cutting machines in the garden.

Please check grass and hedges thoroughly before using mowers, strimmers, or hedge cutters.

A hedgehog's natural defence is to roll in a ball rather than run away, but their spines are no match for a strimmer.

Photo Credit: ©Pete Wells

British Hedgehog Preservation Society
Hedgehog House, Dhupton, Ludlow, Shropshire SY8 3PL
Tel: 01584 890801 info@britishhedgehogs.org.uk
www.britishhedgehogs.org.uk @hedgehogsociety

PHOTOS: BHPS

When television arrived in Holland on Sea ...

As we sit at home watching our (in many cases very large) flat screen televisions, seeing the world come into our living rooms (or even every room in the house), it is easy to forget that it wasn't that long ago that Holland on Sea had no real television service.

As Little Holland expanded into Holland on Sea, many an evening would see local families gathered around the radio listening to 2LO, which was replaced with the British Broadcasting Corporation Home, Third and Light programmes. But way back in 1922 the BBC started experimenting, in London, with a new form of entertainment – television. Whilst regular broadcasts started in November 1936 from Alexander Palace in London, the Second World War put a halt to it all

and the television service closed until 1946. Of course much of the United Kingdom was unable to receive these transmissions but it was found that there was a chance for the Holland residents being able to tune in if they erected a very large H aerial on a very tall pole, but then they also had to be able to afford the cost of a television – some £111, which equates to around £6,500 in today's money; a considerable amount when the average annual earnings in 1947 was £322!

Slowly, around Holland, these large H aerials started appearing and the local electrical shop, Hazelton's of Kings Avenue, added televisions to its wide range of wireless models. In those days the television transmissions were of 405 lines on VHF (Very High Frequency)



It's the Kings Avenue shops in the early 1960's, with Hazelton's Radio and Television Dealers just on the left of the picture. Poking above the first tree is a TV aerial array pointing to London.

... or Do Not Adjust your Set!



The TV station identifications for those early services on offer to the Holland on Sea residents.

resulting in a less sharp picture, prone to atmospheric conditions, so on occasions the signal was far from satisfactory; viewing was further interrupted by cars and motorcycles that had insufficient suppressors on their electrics, so causing jagged lines across the screen and a rasping noise from the speaker.

All this did not deter those determined residents from watching the few hours broadcast each evening. The BBC gradually expanded its television service but on 22 September 1955 the first commercial television station went on air in competition to the BBC; Associated Rediffusion launched its weekday service to the London area, with Associated Television (ATV) taking over for the weekends. The signal came from Croydon and the enterprising Holland residents were soon erecting multi-dipole aerial, sometimes two stacked side by side, to receive this new kid on the block. Whilst the programming was entertaining the news was all focused on the London area.

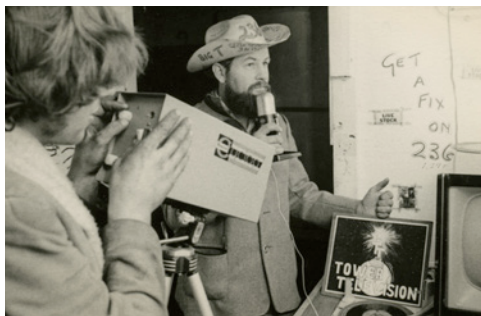
Independent television began to spread across the country and on 27 October 1959 the newly constructed television

aerial mast at Mendlesham started putting out the programmes of Anglia Television, and Holland on Sea received a good signal, plus local news. There was a rush to buy television sets, and the aerial required to receive the new service as, whilst London's signal were of vertical polarisation, the Anglia signal was transmitted horizontally; in simple terms the householder's aerial bars went from side to side to receive Anglia, the aerial itself pointing roughly Norwich way, whilst the London bars went up and down and the aerial had to point to Croydon.

Less than a year later Southern Television opened its Dover transmitter and the good folk of Holland could now also receive this station, provided they added a further aerial pointing across the water. Surprisingly quite a number of residents did strap all these aerials onto one pole and then had a choice of BBC (one channel only at this point), Anglia, Rediffusion/ATV, and Southern.

The down side was that in strong winds the aerial array could likely come crashing down. The BBC was mindful that its television signal to Holland on Sea and surrounding area was not good (still coming primarily from Alexander Palace) and in May 1962 opened a relay station at Manningtree.

Just as the average Holland viewer settled down to one local BBC and one local ITV station (with just a modest aerial) along came BBC 2 on the new 625 UHF band, requiring a new television set and a totally different aerial. Yet again, when it started, there was no decent reception in Holland and the new 625 aerials had to be pointed to London. An improved service came in 1968 when the Sudbury transmitter started radiating BBC 2, and two

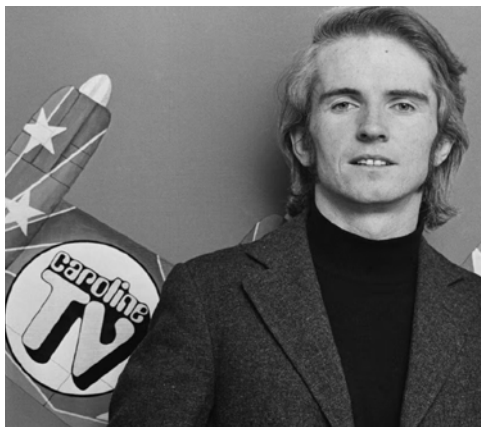


With a camera firmly focused on the Tower Television caption, this was the closest the station ever got to actually transmitting.

years later BBC 1 and Anglia were also beamed from Sudbury, to a much appreciative Holland audience; colour also now being part of the service.

However, in 1965 a local businessman, Eric Sullivan, who was later to open Edensor Care Home in Clacton, announced that a new commercial television station was going to be broadcast from the Sunk Head Tower, about 9 miles off the Holland on Sea coast. The East Essex Gazette reported that at 4:20 a.m. on Tuesday 9th November a weak test transmission had been received at Walton; in truth this was not the case but a fake story play by the station owners to encourage investment. The plans came to nothing and Tower TV sunk into the North Sea abyss; the Sunk Head Tower being blown up by the marines, under government instruction, on 21st August 1967.

Another attempt at a commercial television station that would provide the Holland residents with a further choice



Ronan O'Rahilly, who brought Radio Caroline to the nation, had less success with his plans for Caroline TV.

came in 1970 when the former owner of Radio Caroline, Ronan O'Rahilly claimed to be starting Caroline TV from a Super Constellation aircraft flying at 20,000 feet above the North Sea; after much hype the project failed to materialise.

Sadly the regional independent television stations basically morphed into one national company, the area gained Channels 4 and 5, and all this has subsequently been superseded by digital television with the belief that quantity far outweighs quality. So, as you flick from one channel to the next, trying to avoid being bombarded by the wealth of advertising, think back some 70 years to the excitement of a few Holland on Sea households as they managed to pick-up a grainy picture of Annette Mills and Muffin the Mule – how far we have come...or have we?

Richard O. Walker



Articles for the Summer edition of the HRA Magazine are to be submitted to *Maureen Cochlin* (littlemaur199@gmail.com).

Final date for submission is Tuesday 2nd May 2023.

Community Pages

Useful Numbers

Emergency – Police, Fire, Ambulance 999

Police (non-emergency) 101 – Health (non-emergency) 111

Kennedy Way Medical Centre	01255 449270
Clacton Urgent Treatment (ex Minor Injuries)	call 111
Clacton Hospital (outpatients X-rays etc.)	01255 201717
Colchester Hospital	01206 747474
Citizens Advice Bureau	01255 377080
Bus Passes	0345 200 0388
Benefits, Housing, Council Tax	01255 686868
T.D.C. Emergency contact after office hours	01255 222022

Dangerous pavements, potholes, faulty lights	0345 6037631
Fly Tipping	01255 686359
Unlawful parking	01206 282316
Illegal seafront parking and seafront issues	01255 686969

*A full range of District Council Services is available online
via www.tendringdc.gov.uk*

From St. Barts



We have our weekly Communion services on Sundays and Wednesdays at 10am.

Sunday 19th March is Mothering Sunday

Ash Wednesday is on 22nd April this year.

The Lent Course will be on Thursday 23rd, February; 2nd 9th, 16th, 23rd, 30th March from 10am-11.45am with refreshments in the Rainbow Room. Theme: '*The Chosen*'.

Easter Services

Palm Sunday 2nd April 10am

Maundy Thursday service 6th April at 7.30pm

Good Friday 7th April at 12 noon

Stations of the Cross followed by tea and Hot Cross Buns.

Easter Sunday 9th April at 10am

Please check the notice boards for further updates.

Please contact us on stbartsholland@gmail.com if you have any questions.

Every Blessing



Tendring Specialist Stroke Services

The Tendring Specialist Stroke Services welcomes some new activities at the centre to increase the health and wellbeing of our community.

The government has highlighted stroke as a growing condition that affects more people. The service continues to provide a range of therapies, support and advice for those affected by stroke. The stroke service supports people discharged from hospital with a range of therapies, to re-adjust to the challenges post stroke. The stroke service is available to all and we support both the stroke survivors and carers to increase their wellbeing and health post stroke. Our counselling service is vital for the huge mental impact of having a stroke and how this affects a person. Those who access our services will benefit from the expertise of the neuro-physiotherapy team and our stroke rehab nurse.

Monday afternoon is our Crafternoon Delight 1.30pm to 2.30pm - knitting, crochet, chatting and making warm shruns, hats and anything you would like to give to those living on their own. A variety of crafts in a social environment. £2 per session.

Tuesday 6.30pm to 7.30pm - Flexi-Fit with Dave. Yoga, breathing and wellbeing. Bring a mat, water and come and join us. £5 per session.

Wednesday Friendship lunch from 12.30 to 2pm. Lunch is £6 per session.

To find out more about our services, call us on 01255 815905.

Essex Recycling Centres

From Monday 13th March you will have to book a slot online in advance to visit an Essex County Council recycling centre.

Pedestrians and blue badge holders will be exempt from this requirement.

Essex County Council is introducing this, initially as a trial system, as it says that demand can be managed better.

When arriving with your rubbish, you must produce your booking confirmation and proof of address. Essex County Council says that anyone who should have booked and has not done so will be turned away.

To book: www.loveessex.org/bookings

Although not stated in its information leaflet, the website does say this:

"If you have limited internet or accessibility issues that may restrict you from booking your slot online, there are alternative options to book a slot. In the first instance, could you receive assistance from a friend, family member, colleague, carer or neighbour? Alternatively, you can phone the Essex County Council contact centre on 0345 743 0430 Monday to Friday, 8:30am to 5:00pm who will make the booking on your behalf."

Surgery News



Kennedy Way Medical Centre has continued to face challenges including a shortage of staff and increased demand over the winter period. The practice has experienced large volumes of calls into the practice and we kindly ask patients to bear with us and to please use other communication avenues such as our surgery website (www.kennedyway.co.uk) or by using the practice email address (neeccg.kennedywaymedicalcentre@nhs.net).

The practice has welcomed new members of the reception team who are undergoing training to support the existing team. We would like to congratulate two of our receptionists, Danielle who has moved into the role of Health Care Assistant and Courtney who has moved into the role of PCN GP Assistant. These additional roles will support the practice and team to improve access and services for our patients.

Clacton Community Practices (CCP) underwent a CQC inspection in September last year and the report is available on the CQC website. The report for CCP which includes Kennedy Way Medical Centre and Green Elms Health Centre in Jaywick showed an overall rating of 'requires improvement'. The inspectors acknowledged the amount of improvement made since the last inspection but there were some areas which required some action. To address these areas the practice has established a Quality Improvement Team who are working with an action plan. If you have any questions regarding the report, please email the Kennedy Way email address.

The practice has seen a low uptake of flu vaccinations for this season. The flu vaccination is safe and effective, and it is offered to all those that are at risk of getting seriously ill from flu. The practice will be offering flu vaccines until the end of March 2023, please contact the practice to book an appointment or ask at the practice during your consultation. GP practices offer flu vaccines every year between September and March. The practice also offers Pneumonia and Shingles vaccines to those at risk throughout the year, please contact the surgery if you would like more information or to book a vaccine.

Educational Afternoon Closures – A list of our half day education event closures for the year are below:

Wednesday 29th March 2023

Wednesday 26th April 2023

Thursday 18th May 2023

Wednesday 28th June 2023

Tuesday 25th July 2023

Tuesday 22nd August 2023

Wednesday 27th September 2023

Thursday 19th October 2023

Wednesday 29th November 2023

Finally, just a reminder that we continue to welcome feedback so please contact us to raise concerns or even to let us know when the staff or practice have done something well.

Lisa Maddox,

Practice Manager, Kennedy Way Medical Centre

Kennedy Way Community Garden

FRUIT trees have been planted at a community garden to join raised flower beds, vegetable planters and a polytunnel for seedlings.

A new wildflower garden is also in creation at the Kennedy Way Community Garden in Clacton, run by Community Voluntary Services Tendring (CVST).

It comes after a recycling hub and community hub were installed on the site, which are due to open soon, providing space for more activities to take place at the garden.

Nicola Vella, volunteer co-ordinator at CVST, said: "The community garden is always busy with projects and ideas.

"On Thursday, two apple trees were planted, which in the future will add to the fruit and vegetables the garden already produces thanks to the incredible volunteers.

"The Men's Shed volunteers have also started a new project creating flat pack bird boxes and growing boxes.

"But we do need more volunteers to come and help at the garden, to help us maintain this wonderful site and really make it the best it can be.

"It's such a lovely space and a few hours here can really help your own wellbeing as well as the garden."

Donations of rocks are also needed to create a new rockery, soil for planting, and dry, clean plywood for the Men's Shed.



Kennedy Way Community Garden is the result of a unique collaboration between the Suffolk and North East Essex Integrated Care System Local Estates Forum, the North East Essex Health and Wellbeing Alliance, site owners NHS Property Services and CVST.

Phase one of the garden, which included a Men's Shed, grassed area, outside gym and raised beds, opened in October 2021.

Work on phase two began last year, which has so far included the new community hub, recycling hub, and extensions to accessible pathways.

Anyone with donations, ideas or interested in volunteering at Kennedy Way Community Garden should contact Nicola Vella on 07500 463 152.

For more information about CVST and its ongoing projects and activities visit www.cvstendring.org.uk



Sports & Leisure

Get Cycling!

Free and Easy

A leisurely hour long cycle ride along the traffic free National Cycle Route 150 taking place on the second and fourth Sunday of every month, weather permitting. We never cycle on the road.

The 'meet' is outside the Kingscliff Hotel at 10:30 am



Trending Winner of Active Essex Award

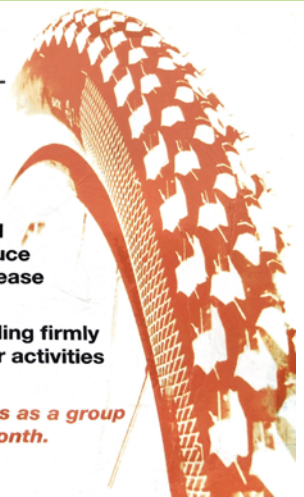


Spending time on two wheels can have a big impact on your health too. It blitzes calories – between 440 and a huge 1,080 an hour depending on your weight, and helps build muscles in your legs, bum and hips.

The benefits aren't just physical though, cycling can improve your mental health by triggering the release of endorphins – our feel good chemicals – in the brain, which can reduce stress levels, help you sleep better and even ease feelings of loneliness.

It's no wonder that a new poll has placed cycling firmly at the top of the list when it comes to outdoor activities in the UK.

Now get your bike out and use it by joining us as a group on the second and fourth Sunday of every month.



Clubs

Holland-on-Sea 129 Ladies Club

Holland 129 Club is a friendly Ladies Club which has been meeting in Holland-on-Sea for 57 years – when it began as a Young Wives Club at 129 Fleetwood Avenue.

The Club meets in Holland Public Hall, Frinton Road on the 2nd Thursday of each month. Doors usually open for members at 7 pm for a 7.30 pm start. We welcome new members to join.

Our Summer programme 2022/23 is as follows:

Thursday, 9 March	A.G.M. starts at 7 pm/ Doors open 6.30 pm Followed by David Webb from Hi De Hi talking about 'Life as a Yellow Coat'
Thursday, 13 April	Medical Detection and Assistance Dogs Norma Howells
Thursday, 11 May	The Metropolitan Police Crime Museum Steve Gibbs
Thursday, 8 June	Attracting Wildlife in your Garden An illustrative talk by Roger Hance
Thursday, 13 July	Molten Wonky Glass – Items for sale Katie Lynn

For further details, please contact Carole Parmenter on 01255-813315.

Public Hall

Here we are into another New Year, hope that 2023 is going to be better for everyone, however the Public Hall is under a cloud at the moment. HCA is required to sign up to a new lease for the hall. The current Heads of Terms of the Lease are very different to the old lease and have far reaching financial requirements and additions. We are starting negotiations with TDC but really need the support of the community in order to try keep this valuable community resource open.

The Public Hall once again has a very full diary - regular groups booked to December 2023 with several bookings for shows throughout the year including a Fun Small Dog Show 8th April, a Murder Mystery evening on 29th April and a Royal British Legion Quiz also in April. Watch out for details on social media, in the hall and local businesses. We will also have our regular Spring Bazaar on 15 April 10 am - 1 pm. Please contact Barbara on 01255 220309 or speak to the caretaker if you would like a table.



HOLLAND ON SEA BOWLS CLUB

OPEN DAY

**Saturday 29th April
10.00am – 1.00pm**



COME AND JOIN US FOR A TRY

Just bring along flat soled shoes

Madeira Road, CO15 5NF

Tel: 01255 814609 for more details

Bacon Sandwiches and Refreshments available.



NEW HEALTH & WELLNESS CLINIC AT AFTER THE RAIN

Introducing the new drop in **Health & Wellness Clinic** at 'After the Rain', Main Road, Great Holland.

As we come into Spring it is a good time to detox and increase your overall wellbeing. Having a glass of warm water with a good squeeze of lemon juice before your breakfast every morning is an excellent way to help your digestive system. Antioxidant foods and high fiber foods can help with immunity, weight loss, blood sugar balance, by including brightly coloured fruits and vegetables in your diet. eg Peppers, carrots, blueberries, strawberries, mango, sweet potatoes, broccoli, spinach, oranges, watermelon. Garlic, ginger, mushrooms all help with your overall immune system which could do with a boost this time of year. Contact me for more specific food / diet information.



I am a Qualified Classical Homeopath, Naturopath and Naturopathic Nutritional Advisor with a long history of experience in the pharmaceutical world. I work with my patients to achieve optimum health by offering tailor made therapeutic programs with achievable and realistic goals to fit in with your lifestyle.

With it becoming increasingly difficult to see a doctor and long waiting lists for referrals, our Wellness Clinic is designed to bridge the gap and offer you help and advice on all health & wellbeing issues including:

Menopause Support

Mental/Emotional Health

Diabetes Type 2

Chronic Fatigue

Women's Health

Gastro-intestinal Problems

Muscular Skeletal

Detox & Fasting Programs

Long Covid

Immunity Issues

Anxiety Disorders

Allergies

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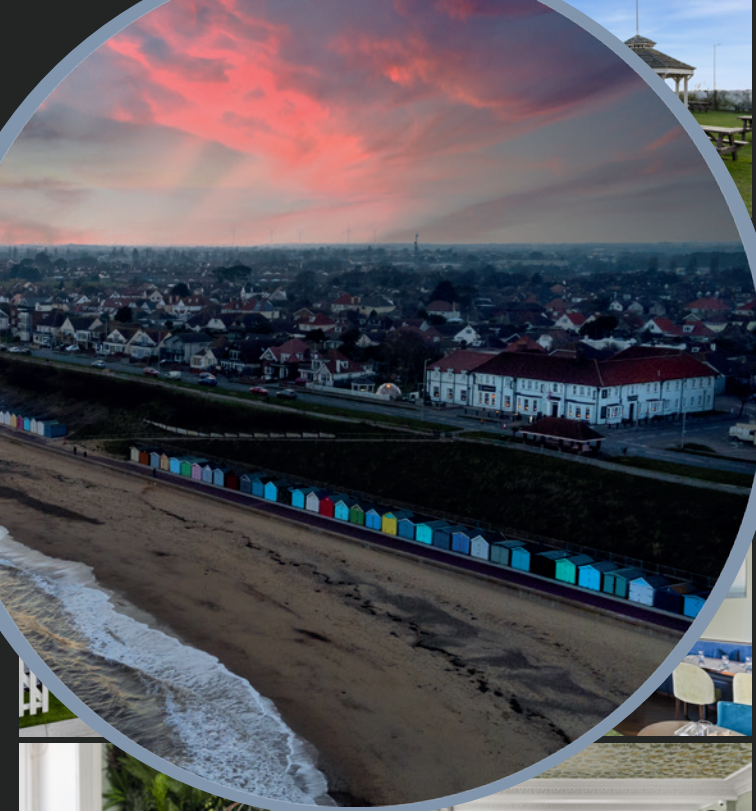
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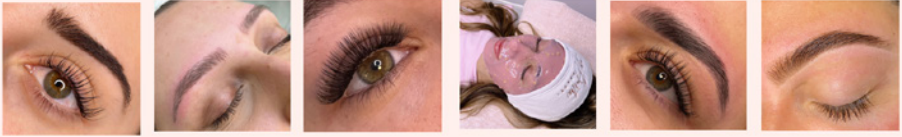
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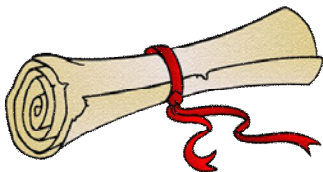
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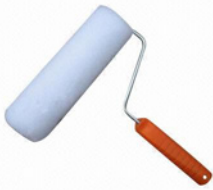
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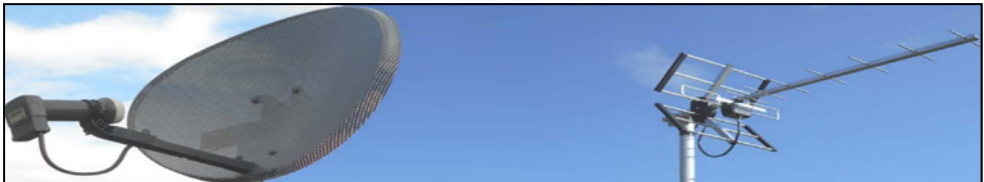
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Parliament Update



Dear Holland-on-Sea residents.

I hope that you all had a wonderfully Merry Christmas and a Happy New Year.

I find myself completely reinvigorated and ready to champion the causes that truly matter to us in the consistency of Clacton.

It is with great pleasure that I can announce that Tendring District Council will be in receipt of nearly £20 million from the Levelling Up Fund to rejuvenate Clacton town centre. This is the result of hard work and determination from Tendring District Council and me to keep banging the drum for Clacton at every opportunity and emphasising the need to level up sideways, not just up and down the country. We will see more businesses opened, more jobs created, and brand-spanking new community hubs in the town centre. This is a fantastic achievement and I am glad that the ministers finally listened to my pleas. It also ties very nicely into the opportunities being created at Freeport East, the announcement of which I attended a couple of weeks ago. This will be a major employer in our region, and I recently drove the Chairman and Chief Executive of the Freeport around the constituency of Clacton for a tour and to show where investment is greatly needed. I believe that the long-term prosperity created by the Freeport will truly level up our communities.

I am out and about every Friday in Clacton, from meeting with the Council and stakeholders to holding my regular surgeries in my constituency office. I've also been holding doorstep surgeries where I come to your neighbourhood and knock on the door to offer any help that I can. The Deputy PFCC for Essex recently came with me to the Council to discuss issues with protecting vulnerable people. We absolutely have to offer more support to those in need, and not let them fall through the safety net.

I'm also holding the Government to account over the issue of illegal migration. I have suggested that the Ministry of Defence takes over from the Home Office, and that we put British boots on the ground in France, rather than paying the French Government which continues to usher boats to UK shores. If they won't stop them, I know our troops will.

In a different tone to being an MP, I recently taught a drama session at Clacton Coastal Academy using my 55 years in the acting industry to share some of my experience. It is fantastic to see the arts are still a key part to a child's education. Naturally, I had to pop my head into the politics class to be grilled by students on the current state of affairs!

I look forward to meeting with residents at the Association's meeting in July, where I will be put on the spot to answer the questions you have for me. Whilst I do not have all the answers or responsibility over everything, I will do my best to give you a straight answer and offer any help I can.

Giles Watling

Member of Parliament for Clacton.

Your County Councillor



The brief cold snap, a few weeks ago, has made some new potholes which I will be reporting as I come across them. For the most part, my Division is relatively clear with only a few dotted around. If you think your pothole hasn't been dealt with please get in touch and I can look into it.

The ridiculous decision to bring a booking system to our recycling centres has to be one of the worst decisions ECC has made since I have been a councillor. It's early days at the time of writing and I am unsure what can be done to reverse this situation. I will be talking to my colleagues to see what pressure can be put on the Tories to reverse this apparently random and ill-conceived decision. It's because of this and several other budgetary decisions that I will not be supporting the proposed council budget later this month.

I'm currently pushing for a big path scheme to be done in Holland. It looks promising and I hope to tell you more in the next edition. I have to get it over the financial year threshold and so will hold off giving specifics for now.

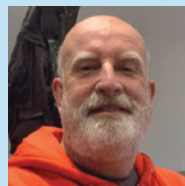
I am also working with Hedingham Buses which is having staffing issues and is unable to keep to bus timetables. I'm pushing for a priority on school routes as I think it's hard enough for our school children without the added hassle of their bus not turning up.

Finally, District Elections will soon be upon us and so it feels only right to mention them. The most important thing to mention is a new law requiring voter ID. This page isn't big enough for me to go into detail about what is needed but you can find everything you need by typing "voter ID explanation" into google or failing that please give me a call.

I will be supporting Cllr Baker as before and two new candidates for St Barts, so look out for my endorsement.

Mark Stephenson
County Councillor
Clacton East

Your District Councillor



Well, so much for a mild winter! In my last article for the December issue I mentioned there might be a mild winter to come, well I was wrong about that, what with snow in places, and below freezing temperatures, which has meant the heating had to go up a notch. I am hoping that you are all keeping well and warm in the days where we seem to have a number of differing seasons all in the same day.

You may have noticed in the area above Gunfleet Sailing Club that planting of shrubs has taken place, and bark covering put down. I had also asked that the area be tidied up, including the removal of old rock and tarmac, which has been done, which is the reason for the orange tape around the area. As this was done, some brickwork has been exposed, and as it was uncertain what was underneath, I met with officers to discuss the way forward. Top soil will be put in, and the area re-seeded, and if this does not take, further discussions will take place about an alternative, so that the area can be a fitting reminder of our late Queen.

I am very grateful to a local resident, and the local history society, for informing me that during World War Two there were two 6 inch naval guns in that position, and subsequently a shelter which was removed due to gale damage and irreparable wear and tear.

There still have been no decisions around the potential development/sale of green open spaces, and as I have said before, I will fight with every tool available, to prevent any development on these precious green open spaces in Holland on Sea.

In 2021/2022 I pushed TDC to apply for funding, from the Government, for Changing Places Toilets, and am pleased to say that not only was funding of £300,000 pounds obtained, but that two of the three funded, will be placed in Holland on Sea and Eastcliff. The locations are at Holland Haven on the seafront, and near to Beaches Café. Both were granted planning permission in December, and I am hoping that they will be in place and functioning by the end of this financial year.

On the 4th May local elections will take place across Tendring for District Councillors. This year will be the first time that voters attending polling stations will have to show a photographic identity document, in order to vote. Further information can be found here: [Voter ID | Electoral Commission](#). I am informed that there is no change to postal votes.

As always, if you need to contact me for any reason, my contact details are at the back of the magazine. Stay Safe and Keep Well.

Andy Baker

District Councillor

Eastcliff Ward

MEMBERSHIP REMINDER

Subscriptions for 2022 can be paid at any time from December 2021 onwards. The minimum subscription is £2 per year and the maximum £20. You can pay directly into our bank account the details of which are:-

Name: Holland Residents Association

Sort code: 30-65-22

a/c number: 81400160

For the reference please write SURNAME HOUSE NUMBER POSTCODE (for example: smith12CO151AB) which will enable us to record the payment against each household on our database).

It will of course still be possible to make payments by cash or cheque at Kings Avenue or Stratford Road Post Offices. Please complete the form opposite.

MEMBERSHIP

Thank you to all who either renewed your membership or joined us for the first time. The number of members is increasing steadily.

Ours is a non-political organisation yet of course decisions that affect us locally are often made by local councillors. This means that the committee must be aware of local plans and events and be able to respond robustly. In the last magazine I mentioned that our green spaces were under threat and that our organisation replied quickly by writing to the leader of Tendring District Council. A part of his reply was that: "...although the Property Dealing Procedure has been initiated it doesn't mean that any of the land in Holland will be recommended for sale/development. If however, after careful consideration of all the factors it is decided to recommend this course, there will be the opportunity for you, *your members*, and other residents in Holland on Sea...to put forward any support or objections for whatever is proposed..."

I have italicised part of his reply for a reason. In his reply, Cllr Stock acknowledges our organisation. We need as many members as possible. If these plans should proceed, the HRA will be well placed to oppose them by having a strong membership.

The Local Authority elections are in May. As a non-political organisation we shall offer to work with whomever is elected in our wards. However, whether it be about the proposed development of green spaces or any other matter, our councillors will have far more clout by knowing that they are supported by a robust and numerous membership.

So, if you have not yet joined us or have not yet renewed your membership, please do so.

Stephen Collitt,
Secretary.

H.R.A. ANNUAL MEMBERSHIP (1st JANUARY TO 31st DECEMBER)

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NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of the HRA will take place on Friday 21st April 2023 at 7.30pm at Holland Public Hall, Frinton Road.

Please note that only full members of the HRA are entitled to vote at this meeting although Associate members are welcome to attend.

The following are extracts from the constitution of the HRA:

- a) At the Annual General Meeting all the officers and members of the Executive Committee, other than the President, shall retire, but be eligible for re-election without nomination.
- b) Any Two Full Members of The Association may propose any other candidate or candidates for office by notice in writing to the Hon. Secretary or the Chairman not less than seven clear days prior to the Annual General Meeting, such written nominations being endorsed with the written consent of the nominees.
- c) The Executive Committee elected at the Annual General Meeting shall themselves elect a Chairman (and Vice Chairman if required) at the next Executive Committee meeting.

and

- a) Any Full Member of The Association as set out in Rule 2 may submit a motion for consideration at the Annual General Meeting. Any such motion must be seconded by another Full Member and submitted in writing to the Honorary Secretary or Chairman not less than seven clear days prior to the Annual General Meeting.

Nominations or motions can be posted to the Hon. Secretary at the following address:

The Hon. Secretary of the HRA,
37 Ingarfield Road,
Holland on Sea, CO15 5XA.

All nominations and motions must be signed by all parties along with their names in capital letters.

Nominations and motions can also be sent by e-mail to:

secretary.of.hra@gmail.com

Applications should be scanned with the appropriate signatures.

Where a full member is being nominated to election to the executive committee, the wording should be as follows:

I, (enter name), wish to stand for election to the executive committee of Holland Residents' Association.

Signature:

Name in capitals:

Date:

Signature of proposer:

Name in capitals:

Date:

Signature of seconder:

Name in capitals:

Date:

No nominations for the committee or motions for the agenda will be accepted after 13th April 2023.

Stephen Collitt, Hon. Secretary.

HRA MEETINGS – WHY WE INVITE LOCAL COUNCILLORS

We hold meetings quarterly at Holland Public Hall in January, April, July and October. Except for April's meeting which is for members and associate members only, meetings are open to all residents.

We were able to resume public meetings in April 2021 and as a matter of course, we have always invited local councillors. Since April 2021 we have held seven meetings. Cllr Stephenson has missed one meeting (owing to a prior commitment). Cllr Baker has attended all meetings, Cllr Winfield has attended one meeting and Cllr King has not attended any. At every meeting, members of the audience have welcomed the input from those councillors who attended and many have expressed regret at not being able to question all local councillors. Cllrs King and Winfield are not members of the HRA and do not represent the HRA. They are members of a separate political group. However, it is our policy to invite all local councillors to all meetings.

The HRA is a non-political organisation. We believe that residents should know what their councillors are doing and which is why we invite all of the councillors. It does not matter whether they are affiliated to a party, are Independent, or members of a group.

All of our meetings are free so if you have an interest in the community, then please come along. We hope to see you.

Did you know that you can find out how often our councillors attend council meetings? Local elections are on 4th May and this information may help you to decide how you use your vote.

You can get this information on www.tendringdc.gov.uk then go to council>council democracy>your councillors.

Council elections are on 4th May. You **MUST present acceptable photo ID** when voting. The following is an extract from the website of the electoral commission and we have included just some of the most common forms of ID.

“Anyone voting at a polling station in England this May will need to show photo ID before they can be given their ballot paper”.

These are some of the accepted forms of photo ID:-

Passport

Driving Licence

A Blue Badge

Older/Disabled Person's Bus Pass

You will only need to show one form of photo ID. It needs to be the original version and not a photocopy.

You can find further information at electoralcommission.org.uk/voter ID



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